



**SRDA  
MEALS ON WHEELS MENU  
February, 2018**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
			<b>1-Feb</b>	<b>2-Feb</b>
			BBQ Chicken (8) Seasoned Pinto Beans (10) Garden Vegetable Soup (8) /Crackers (4) Hot Fruit Compote (22) Sweet & Sour Coleslaw (6) Milk (12) /Hamburger Bun (26) Calories: 683 Protein: 49g Carbs: 99g Fat: 9g Fiber: 12.5g Sodium: 736mg	Roast Beef w/Brown Gravy (3) Lyonnais Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (6) Strawberry/Blueberry Crisp (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 740 Protein: 53g Carbs: 82g Fat: 23g Fiber: 9.6g Sodium: 583mg
<b>5-Feb</b>	<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>
Pinto Beans & Ham (18) Sweet & Red Potatoes (26) Seasoned Green Beans (4) Tomato Florentine (3) /Crackers (4) Applesauce (11) Milk (12) Calories: 512 Protein: 26g Carbs: 80g Fat: 10g Fiber: 11.5g Sodium: 557mg	Beef Chop Suey (8) Steamed Brown Rice (18) Mixed Vegetables (10) Vegetable Egg Roll (12) Pear (28) Milk (12) Calories: 750 Protein: 47g Carbs: 99g Fat: 19.1g Fiber: 13.1g Sodium: 1,086mg	Roast Beef w/Au Jus (4) Sweet Baked Potato (33) Oregon Mixed Vegetables (5) Broccoli Salad (9) /Apple (21) Dinner Roll w/Margarine (12) Milk (12) Calories: 746 Protein: 47g Carbs: 98g Fat: 18g Fiber: 11g Sodium: 685mg	Open Faced Hot Turkey w/Gravy (2) Peas & Onions (9) Prince Edward Veg Mix (4) Pasta Salad (13)/1 Sl Bread (11) Strawberries & Peaches (10) Milk (12) Calories: 527 Protein: 37g Carbs: 62g Fat: 16g Fiber: 10.2g Sodium: 994mg	Chinese Lemon Chicken (8) Roasted Rosemary Potatoes (20) Mandarin Stir Fry (5) Minestrone Soup (9) Vanilla Pudding (26) Peach-Fruit Cup (15)/Milk (12) Calories: 816 Protein: 60g Carbs: 103g Fat: 17g Fiber: 10.2g Sodium: 603mg
<b>12-Feb</b>	<b>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>
Chicken Sesame (16) Fried Rice (15) Lima Beans & Carrots (10) Split Pea Soup (19) /Crackers (4) Tangerine (12) Milk (12) Calories: 685 Protein: 52g Carbs: 90g Fat: 13g Fiber: 12.2g Sodium: 545mg	Beef & Turkey Cabbage Casserole (7) Vegetarian Alfredo (20) Seasoned Asparagus (1) Tomato Cucumber Salad (3) Apple (21) Milk (12) Calories: 689 Protein: 37g Carbs: 66g Fat: 32g Fiber: 10.7g Sodium: 477mg	Macaroni & Cheese (29) Sugar Snap Peas (4) Winter Mix vegetables (4) Navy Bean Soup (23) /Crackers (4) Strawberries & Peaches (10) Milk (12) Calories: 723 Protein: 33g Carbs: 89g Fat: 26g Fiber: 11.8g Sodium: 735mg	Brunswick Stew (14) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Chilled Apricots (12) Raisin Nut Cup (13) /Crackers (4) Milk (12) Calories: 781 Protein: 56g Carbs: 83g Fat: 25g Fiber: 10.3g Sodium: 538mg	Tilapia w/Veg Sauce (2) Vegetable Couscous (19) Stewed Tomatoes (9) Seafood Gumbo (9) /Crackers (4) Cherry Crisp (35) /Orange (15) Milk (12) Calories: 776 Protein: 45g Carbs: 107g Fat: 20g Fiber: 10.3g Sodium: 772mg
<b>19-Feb</b>	<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>
Beef Tips w/Mushroom Gravy (8) Parslied Pasta (16) Steamed Broccoli (4) Lentil Soup (18) /Crackers (4) Banana (25) Milk (12) Calories: 845 Protein: 69g Carbs: 91g Fat: 25g Fiber: 12.1g Sodium: 552mg	Honey Mustard Chicken (9) Au Gratin Potatoes (21) Carrots (7) /Minestrone Soup (9) Pineapple Cabbage Slaw (10) Cranberry Apple Crumble (29) Milk (12) /Crackers (4) Calories: 802 Protein: 46g Carbs: 104g Fat: 23g Fiber: 10.8g Sodium: 793mg	Pork Chow Mein (25) Brown Rice (18) Oriental Vegetables (4) Egg Drop Soup (3) Crackers (4) Strawberries & Pineapple (13) Peas & Carrot Salad (7) /Milk (12) Calories: 783 Protein: 52g Carbs: 90g Fat: 26g Fiber: 10.2g Sodium: 821mg	Turkey Tetrizzini (31) Baked Sweet Potato (33) Roasted Brussel Sprouts (7) Cinnamon Applesauce (11) Confetti Cottage Cheese Crunch (5) Milk (12) Calories: 771 Protein: 45g Carbs: 101g Fat: 22g Fiber: 9.5g Sodium: 1,151mg	Vegetable Lasagna (30) Zucchini & Tomatoes (4) Cheesy Cauliflower (3) Black Bean Soup (23) /Crackers (4) Coconut Fruit Salad (20) Milk (12) Calories: 678 Protein: 36g Carbs: 99g Fat: 22g Fiber: 19.5g Sodium: 856mg
<b>26-Feb</b>	<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>	<b>2-Mar</b>
Beef-Tomato Mac (31) Oregon Mixed Vegetables (5) Seasoned Spinach (4) Washington Chowder (12) /Crackers (4) Peach Fruit-Cup (15) Milk (12) Calories: 679 Protein: 33g Carbs: 85g Fat: 23g Fiber: 10g Sodium: 617mg	Chicken Sukiyaki (17) Mandarin Stir Fry (5) Broccoli Walnut Parmesan (5) Chicken Gumbo Soup (11) /Crackers (4) Apple-Fruit Cup (14) Milk (12) Calories: 603 Protein: 44g Carbs: 71g Fat: 16g Fiber: 9.5g Sodium: 648mg	Corn Tamale Pie (27) Seasoned Pinto Beans (10) Capri Mixed Vegetables (4) Mandarin Oranges (22) Banana Chocolate Bar (37) Milk (12) Calories: 908 Protein: 40g Carbs: 115g Fat: 32g Fiber: 9.5g Sodium: 710mg	Penne & Meat Sauce (37) Italian Mixed Vegetables (6) Yellow Squash (3) Garlic Bread (11) Apricots (12) Milk (12) Calories: 691 Protein: 32g Carbs: 83g Fat: 27g Fiber: 11.2g Sodium: 633mg	Citrus & Herb Fish (4) Rice Pilaf (17) Seasoned Mixed Vegetables (10) Garden Vegetable Soup (8) /Crackers (4) Cabbage Apple Slaw (9)/Orange (15) Milk (12) Calories: 634 Protein: 40g Carbs: 82g Fat: 15g Fiber: 9.7g Sodium: 526mg

**IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.**

<b>MENUS ARE SUBJECT TO CHANGE</b>	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b> 719-543-0100 <b>CALL AS SOON AS POSSIBLE!!!!</b> <b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b> <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b>
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Consumers attending the congregate meal sites shall be advised and informed to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that causes a temporary suspension of services. If feasible and determined by the Area Agency on Aging in their area plan, emergency meal packages may be provided.